

Culturally Based Services with Indigenous and Ethnic Populations Presentation



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Inter-Tribal Council of California

Transfer of Information


- It is critical to create a better understanding of what experiences are real for tribal people – gather information, statistics, get training from a reliable source (history books and clinical reports will not give you a real picture).

California Tribal Communities



- With **109** federally-recognized tribes, **19** state-recognized tribes, and **22** non-recognized tribes, California is home to the largest number of tribes in the United States.
- According to the 2000 U.S. Census, **627,562** individuals in California identified as American Indian or Alaska Native, making it the state with the most Indians.
- Home to almost one-half million Indians, Los Angeles has the largest concentration of Indians in California, followed second by the bay area.

Community Profile

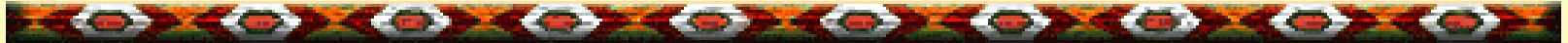
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- **67%** of Indians in California live in urban areas.
 - Less than **2%** of the federal Indian Health Service (IHS) monies in California are allocated to urban Indian health programs.
 - **XX%** of the federal IHS monies in California are allocated to mental health services and programs.
 - Less than **50%** of tribes in California operate a casino, and less than **25%** of those that do operate a casino generate considerable revenue.
 - In total, less than **5%** of Indians in California receive per capita payments equal to or more than the federal poverty guideline.

Identification of Resources

- Identify the resources that tribal people have to offer. This recognizes their capacity as a group of people, gives value to their beliefs and begins to integrate them.
- This is a key element to transformation of the MH system

AI/AN

Capacity for Service Programs



- Currently, there are at least **35** tribal and urban Indian clinics that operate behavioral health programs in California.
- Indians now have representation at the state level in Drug and Alcohol Programs, and are in the process of creating the same type of position within Mental Health.

Strategies That Work



- Taking time to build a team
- Finding that common ground
- Open communications at each level
- Respecting different ways that communications happens
- Ensuring that participation is from top to bottom
- Mutually defining what success will be like
- Determine standards to be used to measure success, progress, and continuing challenges
- Establish who will be making decisions
- Honor them

Transformation

- What will transformation look like? Tribal people will have their perspective.
- How will these perspectives be integrated to your plans, processes, procedures?
- Who has authority/ability to recognize what these transformational efforts really look like?
- What will the guiding standards, determined by who?

The Future

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- **Mental Health Transformation**
 1. Strategic Prevention Framework
 2. Co-Occurring Disorders

 - **Workforce Development**
 1. Integration and Cultural Proficiency
 2. Outreach and Engagement

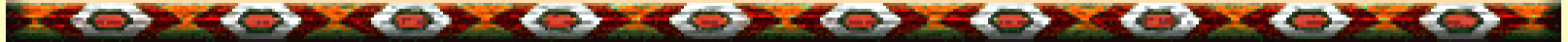
Need for Integrated Services



- Fragmentation of Service System
- Different Clinical Philosophies
- Lack of Cross-Training
- Clients are integrated - systems are not
- Institutional-based diagnosis

"These are the same children—out of balance—
having problems with living—whether they are
categorized as drug users, juvenile
delinquents, or are having learning disorders."

Holistic Model



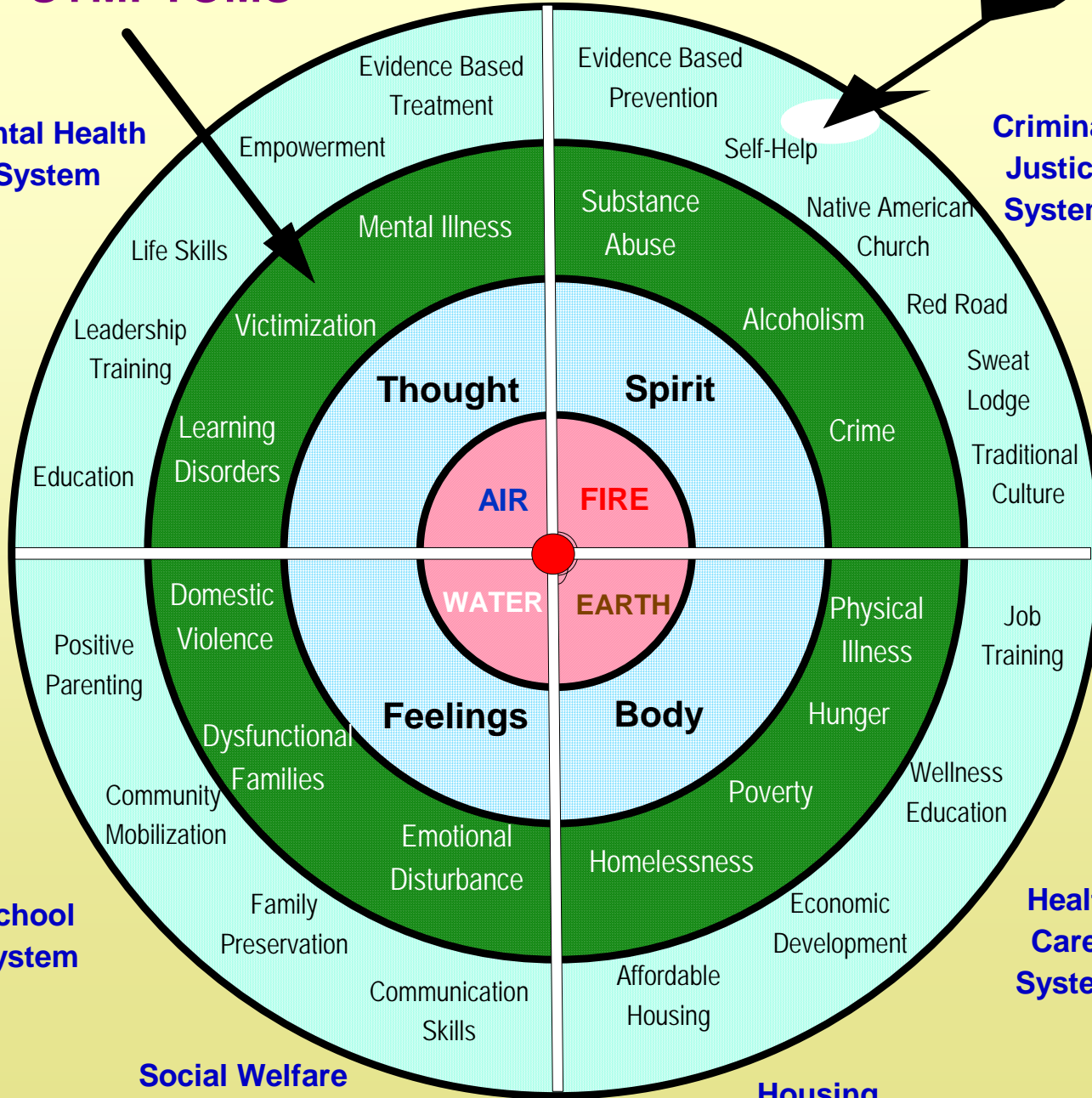
- Self-help
- Empowerment
- Culture
- Building A Healthy Community

SYMPTOMS

SOLUTIONS

Mental Health System

Criminal Justice System



Social Welfare System

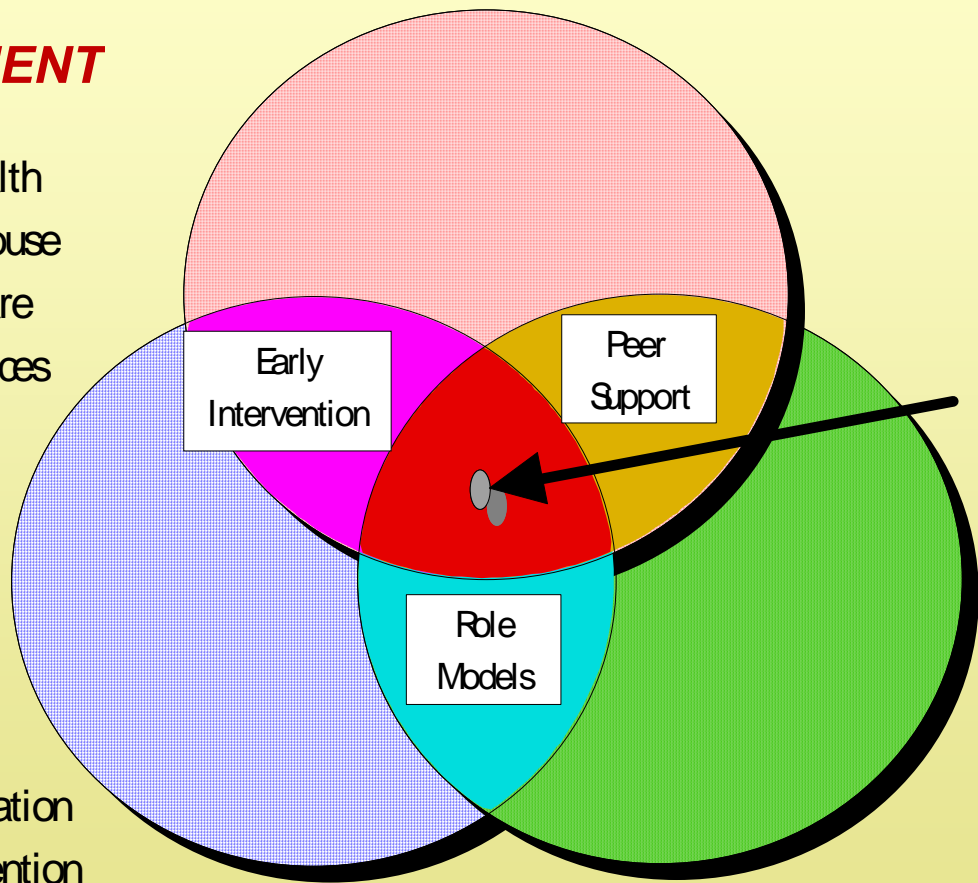
Housing

HOLISTIC MODEL LINKING TREATMENT, PREVENTION, AND RECOVERY

TREATMENT

- Mental Health
- Substance Abuse
- Medical Care
- Family Services

**COMMUNITY
CULTURE
SPIRITUALITY**



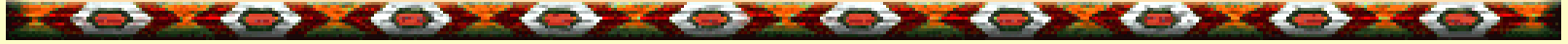
PREVENTION

- Wellness Education
- HIV/AIDS Prevention
- Substance Abuse Prevention
- Mental Health Promotion
- Positive Parenting

RECOVERY

- Employment
- Housing
- Life Skills
- Giving Back

Traditional Practitioners



- Traditional Practitioners assist in the healing and wellness process by offering culturally relevant direct services to medical and mental health clients.
- California is the first state to develop a statewide Traditional Advisory Council, in an effort to create access to reputable practitioners.
- Traditional Practitioners play a vital role in Values-Driven Evidence Based Practices, are becoming a reimbursable service, and are the backbone to the healing process for tribal people.

Thinking Outside the box

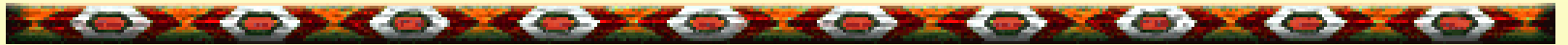
- Recognizing existing limitations will require consideration of other approaches to achieving desired outcomes.
- How will outcomes be determined?
- Who will monitor outcomes to ensure accountability and desired results?

Data – Quantitative and Qualitative



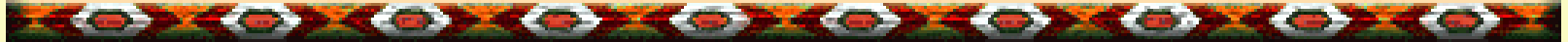
- Most tribal organizations maintain both quantitative and qualitative data as required by federal and local funding guidelines. This data can be used to supplement existing numbers.
- The nature of a holistic System of Care might preclude some quantitative data. Comparable information can be succinctly gathered from carefully drawn qualitative data.

Research and Evaluation



- DMH or a similar public or private agency could coordinate a statewide research project on Native American approaches, Systems of Care, and practice-based evidence.
- Effective treatment methods could be researched and successfully applied to mainstream Systems of Care whenever appropriate.

Outreach and Engagement



- If you want to reach Indians, go where the Indians are!!
- All urban Indian communities and most rural communities have at least one tribal program that outreaches youth for career development.
- ITCC (916-973-9581) maintains contact information for tribal and urban Indian programs throughout the entire state. Just give ‘em a call!!

AI/AN Resources for Outreach and Engagement

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- American Indian Studies programs
 - Tribal Offices
 - Urban Indian Health Clinics
 - Inter-Tribal Council of California (ITCC)
916-973-9581 Statewide Headquarters
www.itccinc.org
 - California Indian Manpower Consortium (CIMC)
916-920-0285 Statewide Headquarters
www.cimcinc.org

AI/AN Resources for Outreach and Engagement



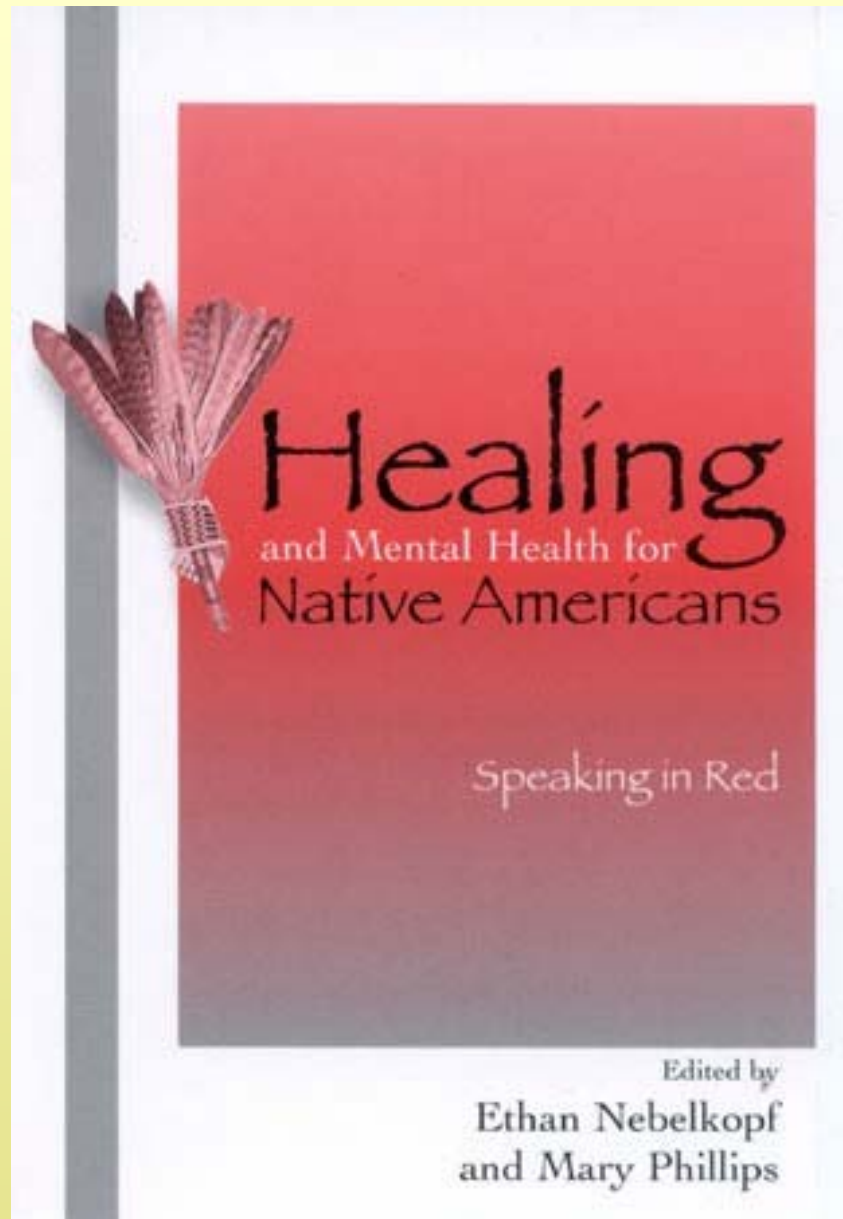
- Powwows – informational booths that reach hundreds of Native Americans at a time.
- GONA's – specific to youth, career development is one portion of this four-day model.
- Summer Programs (Summer Rez, etc.)

Strategies to Avoid

- One size fits all
- Easiest route
- Most convenient
- Least expensive
- Not my problem
- Not enough to count/ worth while
- Least of our problems

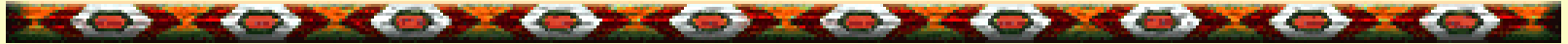
Lessons Learned

- Basic Understanding of the group's view of issues and challenges.
- Ability to identify common areas of concerns to build upon.
- Shared views of what change should look like.
- Relate to the processes, protocols and practices that allow for change within the group.
- Respect the cultural values that are the foundation of tribal people.
- Recognize that trust is important to develop in order to demonstrate awareness of historical experience of tribal people.
- Willingness to keep going back to the drawing board, time after time, after time, etc.
- Communicate, Communicate, Communicate at every level, every opportunity – transformation is not something that will happen over night, long-term
- Keep commitments, promises, follow through



Available at www.altamirapress.com

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